

Resource M: Emergency Backpack Supply List

- Towel
- Fluorescent armbands: can be purchased at most sporting goods stores
- Fluorescent vest: can be purchased at most sporting goods stores
- Ear plugs
- Aspirin
- Goggles for eye protection
- Bottles of water (2)
- Cold packs
- Hot packs
- Mini first-aid kit
- Glucose tablets, and/or hard candy
- Laminated map of exits throughout your building
- Laminated map of streets in local town and city
- Cash
- Two-way radio
- Radio
- Extra batteries for the radio
- Heat blanket
- Glow sticks (4): can be purchased at most toy stores or novelty shops
- CPR mouthpiece: can be purchased at your local Red Cross chapter store or ordered on-line at the American Red Cross website
- Emergency aluminum blankets (2): can be purchased at Army Surplus stores or wherever military field and survival gear is sold
- Rubber gloves
- Wool blanket for extreme cold
- List of employees or staff persons and a pen
- Comfortable walking shoes
- Whistle
- Insect repellent
- Wet wipes